

the Laundry moms

Sorting Out Life...One Load at a Time

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
B Breakfast	E Fruit Parfait http://t1m.menu/C	S Bacon & Eggs	E Apple Cinnamon (THM page 250)	S Veggie Omelet	S Peanut Butter Blizzard Smoothie http://t1m.menu/R	S Blueberry Zucchini Bread http://t1m.menu/B	E Sprouted French toast (THM page 239)
L Lunch	E Deli Meat Roll Ups (THM page 299) with low fat cottage cheese & fruit	S Crispy salmon (THM page 283) with salad	S Twice Baked Zucchini (THM page 362) - meal version	E Light tomato soup (THM page 293) with toast (Ezekiel bread)	E Warm Chicken Sprouted Sandwich (THM page 298) and a Fat Stripping Frappa THM (page 240) with a half scoop of whey	E Sprouted bread sandwich with Mixed Berry Frozen Yogurt THM (page 376/377)	S BLT Salad (THM page 306)
D Dinner	E Sweet and spicy Asian stir fry (THM page 341) with rice	S Greek Burger http://t1m.menu/Q http://t1m.menu/D	E Easy Chicken Yogurt Bake (THM page 322/323) with 3/4 cup of rice & side salad with light dressing	S Eggroll in a bowl http://t1m.menu/18	E Pizza with Gwen's dough with fat free toppings (veggies, skim mozzarella) http://t1m.menu/a	E Texas Chicken Tortilla Soup http://t1m.menu/h	S Cheeseburger pie THM (page 326) with side salad

NOTES:

* For Saturday's breakfast xylitol can be substituted with THM Sweetener

- be sure to check the sweetener conversion chart here: <http://t1m.menu/1c>

* You should still have 1/2 of Gwen's Dough in the fridge for Friday's dinner.

Produce	Meat	Dairy	Frozen Foods	Canned Goods	Dry Goods	Misc.
(B) Apple	(B) Bacon (Turkey or Regular)	(B) Liquid Egg Whites	(B) Mixed Berries	(L) Tomato Sauce (8oz)	(B) Oat Flour (or Old Fashioned Oatmeal)	(B, L) Virgin Coconut Oil
(B) Veggies for Omelet (Peppers, Mushrooms, Onions, etc.)	(L) Lean Deli Meat	(B, L, D) 0% Greek Yogurt (2 Large Containers)	(L) Salmon Fillets	(L, D) Chicken Broth (Fat Free) - 10 cups	(B) Baking Powder (Aluminum Free)	(B, L) Vanilla Extract
(B, L, D) 5 Zucchini	(L, D) Ground Beef - 5lbs	(B) Eggs	(D) Chicken Tenderloins(for 2 meals)	(D) Pizza Sauce (Sugar Free)	(B, L) THM Sweetener	(B) Peanut Butter (All natural & sugar free)
(B) Fresh Blueberries	(L) Chicken Breast (enough for 2 lunches and 1 dinner)	(B, L, D) Monterrey Jack Cheese	(D) Stir Fry Veggies		(B) Cinnamon	(B, L) THM Whey Protein Powder
(B, L) Cantaloupe	(D) Ground Pork - 1lb	(B, L) Unsweetened Vanilla Almond Milk			(B, L, D) Sea Salt	(B) MCT Oil (can usually get this at a health food store) - OPTIONAL!
(L) Green Pepper		(B) Butter			(B, L) Cocoa Powder	(B) Ezekiel Bread (or other on plan sprouted bread)
(L, D) 3 Hearts of Romaine Lettuce		(B, L) Low Fat Cottage Cheese			(B) Coconut Flour	(L) Light Mayonnaise
(L, D) Veggies for 3 Salads		(L, D) Skim Mozzarella Cheese			(B) Almond Flour	(L) Mustard
(L) Tomatoes for 3 meals		(D) Parmesan Cheese			(B) Flax Meal	(L) Glucomannan
(L) Green Onions		(D) Heavy Cream			(L, D) Black Pepper	(L) Salad dressing of choice (full fat - less than 2 carbs)
(D) Feta Cheese (1/4 - 1/2 cup)					(L) Nutritional Yeast	(D) Bragg Liquid Aminos
(D) Garlic - 14 cloves					(L, D) Onion Powder (1/3 cup)	(D) Black Olives
(D) Cabbage (medium head)					(L, D) Garlic Powder (1/2 cup)	(D) Sundried Tomatoes (1/3 cup)